

For The Boy

拍數: 56 牆數: 4 級數: Improver / Intermediate
編舞者: Jean Luc Girard & Solange - February 2013
音樂: Let's Hear It for the Boy - Jana Kramer



SCUFF – HEEL – TOE – HEEL – CHA, CHA, CHA – ROCK - STEP

1 Scuff Right Heel Forward
2-4 Touch Right heel at left instep – Touch Right toe at left instep – Touch Right heel at left instep
5&6 Right Cha, Cha, Cha - Step Right - Left – Right in place
7-8 Left step Back – Rock weight forward onto right foot

1 Scuff Left Heel Forward
2-4 Touch Left heel at right instep – Touch Left toe at right instep – Touch Left heel at right instep
5&6 Left step next to right foot – Right step in place – Left step in place
7-8 Right step Back – Rock weight forward onto left foot

RIGHT SHUFFLE TURN ¼ - FULL TURN RIGHT – FORWARD – ROCK – CHA, CHA, CHA

1&2 Turn ¼ to the right as you Shuffle Forward – Step Right, Left, Right
3-4 Left step Forward as you turn ½ to the right – Right step Forward as you turn ½ to the right
5-6 Left step Forward – Rock back onto Right foot
7&8 Left Cha, Cha, Cha – Step Left – Right – Left in place

TOE POINTS

1-2 Touch Right toe out to right side – Hold
3-4 Switch, Right step together as you Touch Left toe out to left side – Hold
5&6 Switch Right toe out to right side – Switch Left toe out to left side
7-8 Switch Right toe out to right side – Hold

ROCKING STEPS – RIGHT SHUFFLE - LEFT SHUFFLE AS YOU MAKE ONE FULL TURN BACK

1-2 Right step Back – Rock Forward onto Left foot
3-4 Right step Forward – Rock weight Back onto Left foot
5&6 Right Shuffle back as you turn 1/2 to the Right – Step Right, Left, Right
7&8 Left Shuffle back as you turn 1/2 to finish the Full Turn – Step Left, right, Left

KICK-BALL-CHANGES – KICK FRONT – SIDE – BACK-BALL-CHANGES

1&2 Kick Right foot Forward – step on Ball of Right foot – Left step in place
3&4 Kick Right foot Forward – step on Ball of Right foot – Left step in place
5-6 Kick Right foot Forward – Kick Right foot to right side
7&8 Step back on Right foot behind left foot – Step on Ball of Left foot – Right step next to left foot

1&2 Kick Left foot Forward – step on Ball of Left foot – Right step in place
3&4 Kick Left foot Forward – step on Ball of Left foot – Right step in place
5-6 Kick Left foot Forward – Kick Left foot to left side
7&8 Step back on Left foot behind right foot – Step on Ball of Right foot – Left step next to right foot

BEGIN AGAIN

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